

ISSUES IN MENTAL-EMOTIONAL, PHYSICAL AND ENERGY BODY

Overthinking, disorientation, confusion, anxiety, reactive behavior, inability to release stress, fear, anger, guilt, shame, depression, mood swing, chronic tension, constant anticipation, breathing problem, panic attack, addiction and addictive behavior, insomnia, and other physical discomfort symptoms.

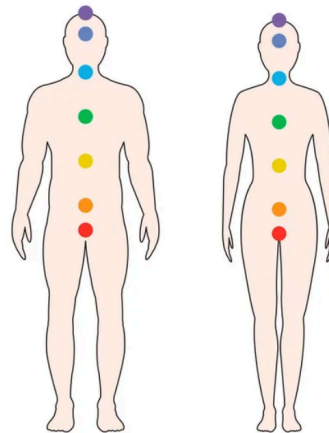
Contact us to book for individual or group sessions.

“HOW WE LIVE OUR BODIES IS THE STORY OF OUR PROCESS.”

Stanley Keleman (1931 - 2018)

PRACTICE SUGGESTIONS AND EXPLORATION

Grounding practices, energy flow exploration, movement, expression and body language, awareness and co-creation of new habits, release of limiting beliefs and blocked emotions, breath exercise, self-regulation and compassion practices.



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PRACTICING
SELF CARE
AND TENSION RELEASE

ENERGY TRAINING AND
FACILITATION
FOR INDIVIDUALS AND GROUPS



ENERGY AWARENESS AND TENSION RELEASE

We have the capacity to heal ourselves from reactive habits and blocked energy. Our physical body and its energy body (referring to the Chakra System and its psychology) can be trained to regulate itself with healthier habits. This is an empowerment that requires some routine practice involving an awareness of pause (coming to stillness) and natural movement (exploration in shift). At Karmarati, this method is named Still-Shifting. Our breath is the guide to explore new release mechanisms so we do not need to carry old emotions that block our creativity. In the many workshops we have conducted, the practitioners enjoyed the sensation of a more connected self involving the emotion, the mind, the body, and the spirit. As each body is different, this method offers a unique pathway to guide each participant to explore his or her own possibilities of self-healing.

CHAKRA WORK AND MOVEMENT



Releasing Practice



Bottom-Up Flow



Bottom to Core
Dynamic



Core to
Chest Dynamic

ENERGY AWARENESS PRACTICE



Emotional and Tension
Release



Bioenergetic and
Pulsing



Energetic Exploration



Energy Anatomy